



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 01-19-12)

Visit us at www.fns.usda.gov/fdd

100365 – BEANS, CANNED, PINTO, DRY, WHOLE, LOW-SODIUM, #10

Nutrition Information

CATEGORY	<ul style="list-style-type: none">Meat/Meat Alternates or Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none">U.S. Grade A canned dry pinto beans, cooked and packed in salt water.
PACK/YIELD	<ul style="list-style-type: none">6/#10 cans per case. Each can contains about 106 oz pinto beans and liquid.One #10 can AP yields about 66.1 oz (9 cups) heated, drained pinto beans and provides about 36.4 ¼-cup servings heated, drained pinto beans OR provides about 18.2 ½-cup servings heated, drained pinto beans.CN Crediting: ¼ cup heated, drained pinto beans provides 1 oz-equivalent meat/meat alternate OR ¼ cup heated, drained pinto beans provides ¼ cup vegetable BUT NOT both components at the same meal.
STORAGE	<ul style="list-style-type: none">Store unopened canned pinto beans in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes.Store opened canned pinto beans covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days.Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/COOKING INSTRUCTIONS	<ul style="list-style-type: none">Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food.Use a clean and sanitized can opener.Heat without added salt and serve alone or use as directed in recipes.

Beans, pinto, canned, mature seeds, drained

	¼ cup (60 g)	½ cup (120 g)
Calories	68	137
Protein	4.19 g	8.39 g
Carbohydrate	12.13 g	24.26 g
Dietary Fiber	3.3 g	6.6 g
Sugars	.32 g	0.65 g
Total Fat	.54 g	1.08 g
Saturated Fat	.095 g	.190 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.80 mg	1.60 mg
Calcium	38 mg	76 mg
Sodium	70 mg	140 mg
Magnesium	19 mg	38 mg
Potassium	164 mg	329 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0.1 mg	.1 mg
Vitamin E	0 mg	0 mg



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USES AND TIPS	<ul style="list-style-type: none">• Use canned beans in soups, salads, and entrees. Serve one variety of beans alone or in combination with others. Canned beans may be substituted for cooked dry beans in any recipe without the addition of salt.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none">• NEVER USE food from cans that are leaking, bulging, or are badly dented.• DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.• Cook foods to the appropriate end-point temperature as specified in your School Food Safety Plan, which should meet your State and local health department requirements.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none">• For guidance on how to effectively manage, store, and maintain USDA Foods, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm.• For additional information on product dating, go to page 13 of <i>Choice Plus Food Safety Supplement</i> at: http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf.

Nutrient values in the nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

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